

## Qualifications of a Counsellor.

Health, vitality, energy.

Personality.

Appearance in camp.

Knowledge & skills & achievement.

Understanding younger children.

Unselfishness. (of thought)

Freedom of mannerisms.

Good sense of humour.

Background (training & experience)

Appeal to children.

Ability to co-operate.

Sense of responsibility.



Aim - To produce effective living.

Counsellor's giving example.

Opportunity - 2 months.

Royalty - Take responsibility & give chance to correct; if not done report. In this way, you live up to full co-operation.

Counsellor - Assume all rules given to campers; with few exceptions. Good health & thorough knowledge of how to maintain it. Enough sleep. Nothing discussed in Counsellor's meeting repeated. Cabin neat, etc before breakfast. No Counsellor training <sup>after</sup> before camp starts. Believe in aim of camp. Enthusiastic co-operation in your or any activity is expected. Discuss with director progress & campers themselves at least once a week.

Counsellor you have been chosen for your personality

Know every camper at least by name.



### Spin Turn (Back stroke)

Tag - Hand reaches back behind head reach across with thumb up, as you push with fingers it turns you - i.e. tag with the right hand, turn to the L. & finish facing the wall 2 kds in pos. ready for the push off.

Tag - knees up - spin around sitting down - push off w. throw of arms.

### Under-Arm Sidestroke -

#### Teaching sequence -

1. Side stroke extended.
2. " float balled up.
3. Move gently from one to the other.
4. Then analyze arm & leg moves.

1. Useful stroke generally popular - most useful to swim on L. side.
2. Leg Kick: Lying on one side w the water just over the hips. Draw the kns. up about 6" toward the chin & then open L's slowly by bringing top kn. well up toward chin, & the bl. of the underneath ft. up toward the bk of the H. Slowly bring them down and to-gether again, as though intending to kick a ball w the toe of the bk. ft & the bl. of the front ft. Repeat many times & slowly increase force & spread.
3. It is difficult to maintain balance without momentum - use push off from the side of the pool.
4. Arm pull: Two positions - Arms extended



1 fwd, 1 bkwd. Hds at r. shld. Move AS btw these 2 pts.

6. Keep 2 A's beneath surface - both upper & lower A pulls should exert equal force.

6. Keep H. as low as poss. The H. should rest on water surface w mouth just clearing water level. Underneath A extended at ear in line w B - pull down w fingers pointing 2 bottom of pool. Chin at opp. shld.

### Common Faults -

1. Reaching too far fwd - causing swimmer to roll over on face & get to come out of water - kick flat w surface of water.
2. Missing glide.
3. Holding H. at angle w water.
4. Using inverted scissors (top h. bk.)
5. Moving underneath thigh 2 far bk - movt of h. from kn to toe - well up toward bk of H.

### Overarm Side Stroke. -

This is the side stroke w an overarm recovery from top A. Has been called:-

1. The Single Overhand.
2. Single Overarm.
3. Side " "
4. English " "
5. " side Stroke.
6. Overarm " "

### Variations of Side Strokes.

1. Inverted side stroke - top h. reaches to rear.
2. Shallow A pull.
3. Alternate single overarm side stroke.
4. Side stroke w roll over.



People's  
Ferry Boat  
Waters, etc.  
Life of a Coast Town.

Along the rugged coastline of Nova Scotia lies the beautiful town of Dartmouth. It is not the kind of a town one sees in the "movies", with fishing smacks along its shores, nets ~~in~~ the harbor and low tides but one of thriving business firms, <sup>lovely scenery and beautiful homes</sup> along with the <sup>the</sup> great fantasies of the sea. Although its life, ideas and people are fairly modern the legends of the <sup>many</sup> seafaring people are still told and in many of the old households folk songs of N.S. are sung with pride.

There is no distinction of class in this coast town. Everyone seems easy going, happy and moderately well off. Approximately one half of the working people have positions in Dartmouth while the others work in the city of Halifax which is a mile away by boat. To many outsiders the thought of taking a ferry boat back and forth every time one is to go to work seems a misadventure. This is not so.

To the Dartmouthians every trip seems like a new one because there is always <sup>a variety of</sup> ~~new~~ things to <sup>witness</sup> see — new faces, lovely



scenery, storms, ploughing through ice, strange boats, and countless other things. Dartmouth could not be Dartmouth without its ferry boat to Halifax.

The war has had a startling effect on the town and the surrounding country. People no longer sail in their yachts out to the harbor mouth, spend many hours at local beaches and ~~open~~ waste their time foolishly. There is much to be done and Dartmouthers are doing it. There are many thousands of soldiers, sailors and air men stationed there.

People every day open their homes to welcome men of the forces, trying to give them a bit of real home life before they depart to serve this country. Women and girls knit, sew and help entertain the men in any spare time they have. Houses for officers, barracks, storehouses and lock-offs are being built at rapid speed to accommodate necessary people and <sup>supplies</sup> for the duration of the war.

A very interesting thing went - "the Black-Outs" have added much to the amusement of the people rather than the necessity.



At regular intervals the town is completely black, sometimes for only a few minutes <sup>but</sup> often as long as an hour or more. This regular practice really gives the people a more wider outlook on the ~~and~~ happenings of England. At this point the new system has been found to work satisfactorily.

Portsmouth and Halifax are perhaps among the most important centers of Canada during this war. ~~There have fully realized what is going on in the old world and the strange life of the forecast.~~ Day by day ships, <sup>from all foreign countries</sup> come in the harbour waiting for government boats to take them in a convoy across the mighty oceans to their homelands. Consequently there are large numbers of foreign officers, sailors and seamen in the city. <sup>along</sup> towns. <sup>fortresses & look-off</sup> The coast are anti-aircraft guns, <sup>the</sup> guarding the towns.



## Canoeing

Historical Notes - The aborigines in Eastern North America developed the buck-bark canoe; those in the South and West developed the dug-out, and the Eskimauks contributed the skin-covered kayak. Each of these three types was developed by adapting the materials at hand to meet the different conditions encountered. The buck-bark was made out of large sheets of the bark of the paper birch, sewn together with fibrous roots and made water tight with pitch. This outer skin was stiffened by an inner one of cedar wood <sup>paper-bark</sup> pared to the thinness of veneer and braced by wide bent ribs of the same wood placed close together. It was buoyant, easily managed in small streams and light enough for frequent portaging, but was not durable. The dug-out was developed where the waters were placid and where soft easily worked woods were available. It was made by shaping the trunk of a tree and then hollowing it out. The dugout was usually heavy and unstable, but was fast running in smooth waters. The Eskimauk kayak was the forerunner



of the modern decked canoe of the "Rob Roy" type. A skeleton of wood or bone was covered with skins stretched directly over the framework with no intervening layer of stiffening material to keep the lower smooth. It was completely decked except for a small cockpit covered with an apron tied around the paddler's waist. It was designed for use in the open seas and afforded its user immunity from danger of wind and wave. It could not swamp, and if it were overturned the paddler righted it with a flip of his double-bladed paddle.

The white man has developed the all-wood and canvas-covered types of canoe as improvements on the buck-bark, the dug-out and the kayak. This craft is similar in general shape to the canoes of the aborigines, but their lines are finer and the superior construction shows the advantages of the white man's tools, machinery, and wood-working ability. The canvas-covered type now exceeds in numbers and wide distribution, all other similar watercraft in North America and its use in sheltered waters has extended to Europe and other countries.



having only one gunwale exposed to breaking crests. The bow man should watch on-coming waves and take his stroke in time to lift the bow as much as possible. The canoe can be allowed to "fall off" the wind slightly at the instant of meeting a high wave so as to reduce the shock. Avoid shipping water at all costs as you cannot bail and paddle at the same time, and every pound of water that you accumulate makes the canoe that much less buoyant and more difficult to handle.

When lightly laden the canoe has a great deal of "free board" or area above water and is often difficult to hold on its course in a heavy blow. In this case the bow man should paddle on the lee side and give the stern paddler as much help as possible in steering. In extreme cases it is best for both paddlers to paddle on the lee side.

If you can quickly reach shelter by doing so, do not hesitate to travel across the wind. Running in the "hough" is not so dangerous in a canoe as in a sailing boat. Be careful at the moment the canoe is balanced on the crest of a roller and nearly parallel to it. When running down the wind the canoe should be





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